

Sunvil Supper Club

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June 2013 - Caldo de Peixe



Ingredients

Broth

1.8 Kg/4lbs. Different types of white fish & seafood
3 tomatoes (blanched and peeled)
4 garlic cloves
1 red onion
1 bunch of parsley
1 tbs olive oil
200ml/6oz. water
1 slice of home made bread per person
Salt & pepper to season

Sauce

1 bunch of parsley
3 garlic cloves
70ml/2.5oz. wine vinegar
100ml/3.5oz. Red Wine
Salt to season
35ml/1.2oz. water

Prepare the fish and seafood, cutting into thick pieces. Peel and core the tomatoes and cut into quarters. (For a quick and easy way to peel tomatoes, place in a bowl of boiled water and leave for 2 mins and the skin should easily be removed). Cut the red onion into segments and slice the garlic.

To prepare the broth, simmer the onion and garlic in olive oil in a large pan. Add the tomatoes and season with salt and pepper. Add the fish and 200ml water and cover the pan with lid. Allow to simmer away until cooked. Add fresh parsley, roughly chopped.

For the sauce crush garlic with chopped parsley. Pour into a bowl and add vinegar, wine and the broth. Cut the loaf of bread into thick slices and toast lightly. Place the fish and seafood on top. Add the broth and the sauce on top of the fish.

This is one of the most famous Azorean dishes "Caldo de Peixe" from Pico Island. Caldeirada de Peixe as it's also known is a fish stew (a mixture of fish or seafood in broth and/or bread). The proximity of the sea is reason enough for fresh fish dishes like this one to be a part of the Azorean cuisine.

Each of the nine islands in the Azores has a regional dish, influenced by the first settlers and what they brought to the island.